

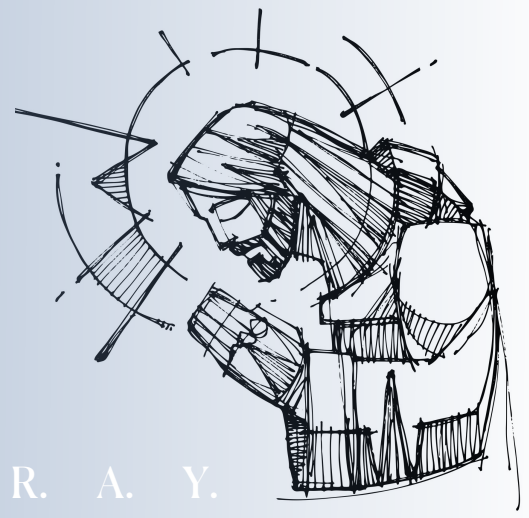
# Pause

## DISCUSSION GUIDE

Part 3 - March 14, 2021

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### 1/3 - Looking Back

Start with prayer and/or worship (reading a Psalm, singing a song, giving thanks, etc.). Re-cast the vision (see example video at [www.jesusisthevision.com](http://www.jesusisthevision.com)), review obedience goals from the previous week, and ask how everybody is doing. Check-in

question options:

- *Up/In/Out* – How are you doing in your three primary relational spheres? (Up: God. In: fellow believers and family. Out: unbelievers)
- *Highs/Lows*: What was your “high” and your “low” from the past week?

### 2/3 - Looking to Jesus in the Present

Explore these Scripture passages together: John 13:34-35; Matthew 5:43-48

- As the facilitator, first read the passages aloud and invite the other members of the group to just listen and take note of what stands out to them. You may want to read these more than once.
- Discuss the question: “what do we learn from these passages about who God is and what He does?”
- Discuss the question: “what do we learn from these passages about who we are and what we do?”
- Alternative question: “what do we learn from these passages about the life that Jesus desires for us?”

### 3/3 - Looking Forward

Ask Jesus how he wants you to respond (corporately and individually) to what you have heard and learned. You can also practice the following exercise:

- Sit quietly together in Jesus’ presence and ask yourself the question, “What are some of the main triggers in my life that keep me from loving my neighbor, and especially my enemies?” Pay special attention to whatever thoughts or feelings surface in your mind and heart, and remain open to however the Spirit may want to speak to you through them. When you are ready, ask Jesus how He wants you to practice the discipline of pausing when you encounter things that trigger you. After some time of listening and reflection, share your thoughts with one another as a group. End your time by praying together, asking Jesus for the grace to be still and trust Him when you are being triggered..